

# Zips

Zero to age 21: Information Promoting Success  
for Nurses working with Kansas Kids

AUGUST 2003

Welcome to the new web site for Nurses who are working with Kansas Kids! Our goal is to provide nurses with current health information/education. Updates will be posted monthly - ten months out of the year from August through May. So... Zip into the news!!!!

Each update will contain information and links to health and educational sites and also sites containing funding opportunities.

Information is provided in the following categories:

Child Health (ages 0 – 9)  
Adolescent Health (ages 10-21)  
Public Health Information  
School Nurse Information  
Funding Opportunities  
Upcoming Events

Newsletter is compiled by Christine Tuck and Theresa Tetuan

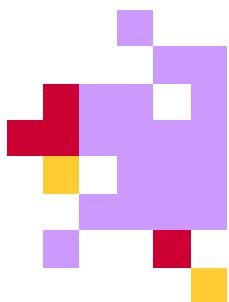
Please let us know if you have information you would like included in the next month's newsletter.

[www.kdhe.state.ks.us/bcyf/c-f/zips/index.html](http://www.kdhe.state.ks.us/bcyf/c-f/zips/index.html)

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# ZipS: CHILD HEALTH

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**Bright Futures** — publications are geared toward health professionals and educators to promote partnerships between health professionals, families, and members of the community. The Bright Futures set contains modules for Health Supervision of Infants, Children, and Adolescents; Mental Health; Oral Health; Nutrition; and Physical Activity.

Included are guidance cards, activity books, and encounter forms. Many of these publications are available in Spanish as well as English. Every local health department and school nurse across the state should have the Bright Futures publications and use them to assist in providing health care services for the Maternal Child Health population. To order your set, add to your existing modules, or to download free, go to: [www.brightfutures.org](http://www.brightfutures.org). Bright Futures training for practical use by public health and school professionals, as the standard of care, will be forth coming through the Area Health Education Consortium (AHEC) in your area of Kansas.

## **The Clearinghouse For Family Support Resources:** [www.familysupportamerica.org/content/home.htm](http://www.familysupportamerica.org/content/home.htm)

This resource contains numerous articles, books, videos and software to use in family support educational programs for your local health departments. All resource materials are very inexpensive and many come in Spanish versions as well as English.

### **Early Intervention**

The Summer 2003 "Early Intervention" catalog is available online at: [www.brookespublishing.com](http://www.brookespublishing.com)  
Books available are: "Home Visitors Guidebook", "When Your Child Has a Disability", and "Special Children, Challenged Parents", just to name a few!

**The Channing Bete Company** has produced age appropriate, full-color pamphlets on the following topics:

1. "Safe Children—What Every Parent Should Know"
2. "Guns and Children—What Parents Should Know"
3. "Your Changing Child—Birth to 3 years"

These are available at:

[www.channing-bete.com](http://www.channing-bete.com) or by calling 800-628-7733.

**MCN** The American Journal of Maternal/Child Nursing's May/June 2003 edition has a great article entitled "Health System" on pgs. 193-197. This article studies why infants born in Great Britain have a better chance of living until their first birthdays. It discusses the healthcare in Great Britain, access to care issues, the roles of the mid-wife, health visitor, and practice nurse.



The **National Children's Center for Rural and Agricultural Health and Safety** website has made available "Creating Safe Play Areas on Farms at: call 800-662-6900 or [research.marshfieldclinic.org/children](http://research.marshfieldclinic.org/children)

The emotional impact of war and other trauma can have devastating effects on the mental well-being of individuals of all ages. **The Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)** have designed a special site [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov) "Coping with Traumatic Events" to assist families, schools, community organizations, and the general public deal with traumatic events.



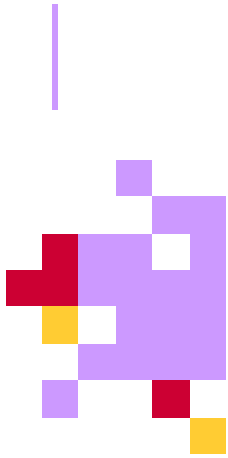
### **Safety Starts At Home**

While home may be where the heart is, it's also a place where many children get hurt. A video produced by "Injoy Videos" provides safety and child-proofing tips to families. To order your video or an "Injoy" publication catalog visit [www.injoyvideos.com](http://www.injoyvideos.com) or call 800-326-2082.

**Family Health and Fitness Days USA**—will be celebrated on September 27-30. There will be events all over the country to promote family involvement in physical fitness, which is one of the national health goals. You can host an event or join another community agency's event: Visit: [www.fitnessday.com/family/](http://www.fitnessday.com/family/) or call: 800-828-8225.



**Vaccines and Your Baby**—a video and booklet is available from the Vaccine Education Center at the Children's Hospital of Philadelphia at: [www.vaccine.chop.edu](http://www.vaccine.chop.edu) or call: 215-590-9990



# ZipS ADOLESCENT HEALTH

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## Scene Smoking: Cigarettes, Cinema & the Myth of Cool

This Documentary Video with Guides for Facilitators to promote critical thinking and discussion is appropriate for High School and College Level Students. Request by email: [tobaccoinfo@cdc.gov](mailto:tobaccoinfo@cdc.gov) or \_\_\_phone 770-488-5705 to speak with a publication specialist.

## Parents Guide to Youth Culture

A new web site available to parents. Visit [www.health.org/reality/publications/retro/default.asp](http://www.health.org/reality/publications/retro/default.asp)



## Youth Safety at Work

Educators focused on curriculum and students' academic progress may forget safety issues in their school-to-work initiatives. A check list is available at [www.healthinschools.org/parents/safework.htm](http://www.healthinschools.org/parents/safework.htm) and more information at [www.healthinschools.org/parents/worker.htm](http://www.healthinschools.org/parents/worker.htm)

## Family Guide to Keeping Youth Mentally Healthy and Drug Free

This education website was developed to support the efforts of parents and other adults in promoting mental health and in preventing the use of alcohol, tobacco, and illegal drug use. Visit [www.family.samhsa.gov](http://www.family.samhsa.gov)



## Treating Teens: A Guide to Adolescent Drug Programs

This guide was released by the nonprofit research institute *Drug Strategies* which provides information about capacity, treatment approach, average length of stay and cost. For more information visit [www.drugstrategies.org](http://www.drugstrategies.org)

## Sexual Health Information Website

The American Social Health Association sponsors a website for teens that provides accurate information on sexual health. Visit [www.iwannaknow.org](http://www.iwannaknow.org)

## Comprehensive Sexuality Education Curriculum Guide

The Teen Pregnancy Prevention Program at the Oregon Department of Human Services and the Oregon Department of Education have published a Comprehensive Sexuality Education Curriculum Guide. To request a copy please call 503-378-3600 ext. 2711.

## American College of Obstetricians & Gynecologist (ACOG)

For the resources below visit [sales.acog.org](http://sales.acog.org)

- \*Health Care for Adolescents
- \*Tool Kit for Teen Care
- \*Strategies for Adolescent Pregnancy Prevention
- \*Adolescent Sexuality: A Presentation Resource Kit

## National Survey of Adolescents and Young Adults: Sexual Health Knowledge, Attitudes and Experiences

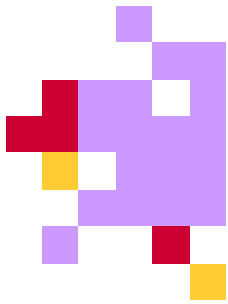
The results of this survey presents youths' knowledge about and attitudes toward sex and sexual health. A summary of the finding is available at [www.kff.org/content/2003/3218/kff\\_youth\\_survey\\_Final\\_Intro\\_SOF.pdf](http://www.kff.org/content/2003/3218/kff_youth_survey_Final_Intro_SOF.pdf)



## Tribal Youth Program

The U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention (OJJDP) has published a bulletin with information and resources directed toward assisting tribal youth. Visit [www.ncjrs.org/html/ojjdp/193763/intro.html](http://www.ncjrs.org/html/ojjdp/193763/intro.html)

*One Motivation is worth ten threats, two pressures  
and six reminders. Paul Sweeny*



# ZipS: PUBLIC HEALTH

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**A child only educated at school is an uneducated child.**

**George Santayana**

## **An Advocate's Guide to the Medicaid Program 2001 Edition**

This manual offers a detailed yet concise overview of the enormously complex Medicaid program. Online and CD-ROM versions of the guide are available. For more information visit [www.healthlaw.org/advguide](http://www.healthlaw.org/advguide)

## **Women, Work and Family Health: A Balancing Act**

This issue brief examines women's role in family health care decision-making and coordination, the effect of that involvement for women who work, and women's care giving responsibilities. The issue brief is available at [www.kff.org/content/2003/3336/Balancing\\_Act\\_Issue\\_Brief.pdf](http://www.kff.org/content/2003/3336/Balancing_Act_Issue_Brief.pdf)



## **Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE)**

What is the leading known cause of birth defects, surpassing both Spina Bifida and Down Syndrome? What drug produces more severe abnormalities in a developing fetus than heroin, cocaine, or marijuana? The answer to both questions is the same: alcohol. To read about the signs and symptoms of FAS and FAE go to [websrv02.kidshealth.org/parent/medical/brain/fas.html](http://websrv02.kidshealth.org/parent/medical/brain/fas.html)

## **Smoke Free Families**

The U.S. Center for Disease Control and Prevention (CDC) has released the first comprehensive report including both national and state data on the prevalence of smoking during pregnancy. To access this information:

[www.smokefreefamilies.org](http://www.smokefreefamilies.org)



## **Trends in Poverty**

The Children's Defense Fund tabulated data during the period 1991-2002 and analyzed trends in extreme poverty among black children. The report is available at [www.childrensdefense.org/pdf/extreme\\_poverty.pdf](http://www.childrensdefense.org/pdf/extreme_poverty.pdf)

## **Oral Health Assessment**

According to the AAP (American Academy of Pediatrics) all health professionals who serve mothers and infants should integrate into their practices parent and caregiver education on effective methods for preventing early childhood cavities. Visit [www.brightfutures.org/oralhealth/about.html](http://www.brightfutures.org/oralhealth/about.html) and also read "Oral health risk assessment, timing, and establishment of the dental home." *Pediatrics* 11(5): 1113-1116.



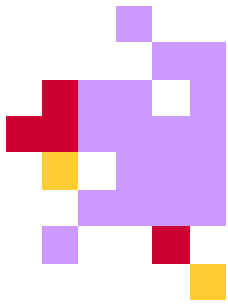
## **KIDS COUNT Pocket guides**

Two KIDS COUNT Pocket Guides: African-American Children: State-Level Measures of Child Well-Being and Latino Children: State-Level Measures of Child Well-Being provide benchmarks for child well-being. They are available at [www.aecf.org/kidscount/latino\\_pocketguide.pdf](http://www.aecf.org/kidscount/latino_pocketguide.pdf) and [www.aecf.org/kidscount/african\\_american\\_pocketguide.pdf](http://www.aecf.org/kidscount/african_american_pocketguide.pdf)

## **Monkeypox**

For information on monkeypox visit

[www.cdc.gov/ncidod/monkeypox/index.htm](http://www.cdc.gov/ncidod/monkeypox/index.htm)



# Zip s : SCHOOL NURSE

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The **10 year Td booster** is required for the 2003-2004 school year! For more information contact the Kansas Immunization Program at 785-296-5591.



## NASN

NASN is our national school nurse organization. It is from this organization that the vision for school nurses is gleaned. A revised Position Statement on "The Role of the School Nurse" and a new Issue Brief on "Privacy Standards for School Health Records" are posted at [www.nasn.org](http://www.nasn.org)

## Conflict Training Tool

"Conflict Resolution for School Personnel: An Interactive School Safety Training Tool". Developed by The National Institute of Justice, this Interactive CD-ROM includes five modules focusing on anger, threats, attacks with weapons, suicide, and weapons on campus. To order a copy, go to [puborder.ncjrs.org/Content/search.asp](http://puborder.ncjrs.org/Content/search.asp) or phone 800-851-3420

## Healthy K.I.D.S.

### (Knowledge Improving Diet and Strength)

A health education program for middle school children that is focused on exercise and nutrition and is designed to address the increasing rate of obesity in children. The project consists of quarterly newsletters in English and Spanish that contain fun, age appropriate activities and information. The newsletters are available in a ready-to-use format on the Healthy K.I.D.S. Resource page at: [www.childrenshealthfund.org](http://www.childrenshealthfund.org) and may be reproduced for your use.



## Helping Your Child Become a Responsible Citizen

This booklet contains activities for elementary, middle and high school age students. Activities geared toward character development, dealing with media pressures, and working with teachers and schools are included. Visit [www.ed.gov/pubs/parents/citizen/index.html](http://www.ed.gov/pubs/parents/citizen/index.html)

## NOYS

### National Organizations for Youth Safety

The NOYS Coalition was created in 1994 to promote collaboration of youth member and youth serving organizations. NOYS empowers youth to become leaders in their schools, organizations, and communities promoting safe and healthy lifestyles. To become involved visit [www.noys.com](http://www.noys.com)



## Healthy Schools/Healthy Kids

All of the Clearinghouse guides and fact sheets are now available online. Visit [www.healthyschools.org](http://www.healthyschools.org)

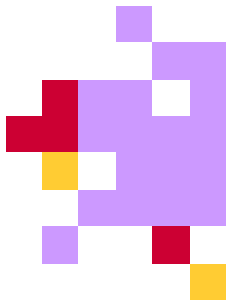
## Center for Health and Health Care in Schools

CHHCS has launched a new web-based Parents' Resource Center that provides two types of information: Learn Now, a web portal offering links to parent-friendly resources on child and adolescent health issues; and Act Now, a guide written by CHHCS to help parents assess health-related services and programs at their children's school. Visit [www.healthinschools.org/parents/index.htm](http://www.healthinschools.org/parents/index.htm)

## Healthy Kids Learn Better

From the State of Oregon, Healthy Kids Learn Better is a way of forming school-community partnerships that address physical, emotional, and social needs while improving their ability to learn. [www.hklb.org](http://www.hklb.org)





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## **National Program for Playground Safety**

Looking for information about playground safety?  
Go to [www.uni.edu/playground/home.html](http://www.uni.edu/playground/home.html)

## **Children and War: How Can We Help?**

The International Center to Heal Our Children (ICHOC) has fact sheets to assist in promotion and maintenance of emotional health of our children who are traumatized psychologically by acts of terrorism, violence and disasters.

[www.childrenssafetynetwork.org](http://www.childrenssafetynetwork.org)

## **Building Bridges to Healthy Kids and Better Students: An Action Guide**

The Council of Chief State School Officers (CCSSO) has released this guide to help schools, state agencies, and community organizations form partnerships that can improve school-based outreach and enrollment for Medicaid and the SCHIP. To order visit [publications.ccsso.org/ccsso/publication\\_detail.cfm?PID=407](http://publications.ccsso.org/ccsso/publication_detail.cfm?PID=407)

## **Making the Connection: Health and Student Achievement**

This PowerPoint presentation is available to order at [www.thesociety.org](http://www.thesociety.org)

**Growing Up with Scoliosis**—is a young girl's story of growing up with scoliosis. The book is available at: [www.havingscoliosis.com](http://www.havingscoliosis.com)

## **Kraft Foods Enters Fight on Obesity**

Kraft Foods is taking steps to address rises in obesity by: (1) Setting caps on portion sizes of some single-serve packages. (2) Eliminating in-school marketing of Kraft products. (3) Developing criteria to determine what will be sold in school vending machines. (4) Developing guidelines for advertising to children.

## **Pediatric Education for Diabetes in Schools (P.E.D.S.)**

Curriculum and tools are available for students, parents, and health care providers. Information regarding the P.E.D.S. program can be found at [www.pedsonline.org](http://www.pedsonline.org)

## **SARS and Communicable Disease Policies**

Do you need to review the school policy related to communicable disease? Would it be sufficient for a case of SARS? CDC has issued guidance for local health departments working with schools. Visit [www.cdc.gov/ncidod/sars/exposurestudents.htm](http://www.cdc.gov/ncidod/sars/exposurestudents.htm)

## **New Crisis Planning Guide**

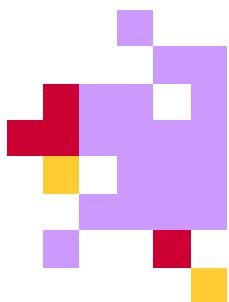
A new guide: *Practical Information on Crisis Planning: A Guide for Schools and Communities*, is available to help schools plan for any emergency, including natural disasters, violent incidents and terrorist acts. Visit [www.ed.gov/offices/OSDFS/emergencyplan](http://www.ed.gov/offices/OSDFS/emergencyplan)

## **FDA WARNS AGAINST PAXIL USE IN CHILDREN**

The U.S. Food and Drug Administration has warned that patients younger than 18 should not take the anti-depressant Paxil, because of a possible increased risk of suicidal impulses. For more information: [www.medscape.com/viewarticle/457569mpid=14986](http://www.medscape.com/viewarticle/457569mpid=14986)

## **New Asthma Drug**

The FDA approved a genetically engineered product for treating allergy-induced asthma that can't be controlled by inhaled steroids. Xolair, was shown to decrease the number of episodes of wheezing, breathlessness, and cough. Approved as a second-line treatment to be used only after first-line treatments have failed, and only for allergy-related asthma.



# ZipS EVENTS & RESOURCES

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## TRAINING & CONFERENCES

### **American School Health Association**

August 4—6, 2003. 10th Annual Summer Institute of American School Health Association held at the Kansas City Airport Hilton. Contact Dr. Darrell Lang, HIV/AIDS Human Sexuality Education Program Consultant 785-296-6716.

September 11th & 12th. **MCH/PAK Conference** in Manhattan, Kansas.

### **HSHV Regional Trainings -**

Aug. 19th—Oakley—Colonial Steakhouse—10A-12P  
Aug. 21st—Garden City—Finney Co. Public Library 10A-12P

### **Infant Toddler Conference**

September 25-26, 2003, in Wichita. For online registration visit [www.kaccrra.org](http://www.kaccrra.org)

### **Kansas Public Health Association Conference**

September 23—25th, 2003. Visit [www.kpha.bluestep.net/home.jsp](http://www.kpha.bluestep.net/home.jsp)

### **Critical Incident Stress Management Conference**

A four day conference schedule divided into separate 2 day trainings on Critical Incident Stress Management held on October 23—26, 2003. Visit [www.icisf.org/Training/conference/brochures/OverlandPk.pdf](http://www.icisf.org/Training/conference/brochures/OverlandPk.pdf)

### **American School Health Association Conference**

October 15-18th, 2003, in El Paso, Texas. Visit [www.ashaweb.org](http://www.ashaweb.org)

### **National Organization Adolescent Pregnancy Prevention Program (NOAPPP)**

November 9th—13th, 2003, in Arlington, Virginia.

## UPCOMING EVENTS

### **Poster Art Contest**

Kids ages 1 to 14 are invited to enter artwork representing their thoughts on what “Put the Brakes on Fatalities” means to them. Regional winners will be selected in three age categories and will each receive a bicycle and helmet. The 18 regional winners will then compete for the statewide event scheduled at Kansas Speedway. Grand Prize for each of the three statewide winners: A family package at the new Great Wolf Lodge in Kansas City! Visit [www.ksdot.org/public/kdot/burtrafficsaf/index.html](http://www.ksdot.org/public/kdot/burtrafficsaf/index.html)



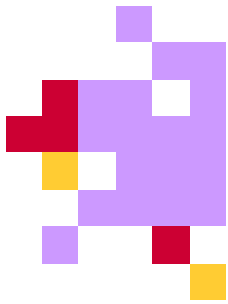
## RESOURCES

### **NIH Word on Health**

The National Institutes of Health publishes a consumer health publication, “The NIH Word on Health,” to provide credible health news and information. Printer-ready copies are available online, and can be printed and distributed. The information is not copyrighted, so the content can be included in newsletters and other informative publications. Visit [www.nih.gov/news/WordonHealth/](http://www.nih.gov/news/WordonHealth/)

### **Needs Assessment Tool**

The National Assembly’s Creative Financing in SBHCs (School Based Health Clinics) Tool Kit on CD-Rom contains a wide variety of great resources including needs assessment examples such as PATCH, resource mapping, and parent, community, and student surveys. Visit [www.nasbhc.org](http://www.nasbhc.org) then click on the Center for Technical Assistance and Training, Resources and Tools.



# ZipS FUNDING, RESOURCES

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## **Radio Shack Announces New Grants Program for Child and Family Safety Efforts**

Radio Shack Corp. is accepting applications for its Neighborhood Answers Grant program. Organizations must be tax-exempt nonprofits designated as 501(c)(3) by the IRS, offer solutions to help prevent family violence/abuse and/or child abduction. Grant requests should be limited to \$500 or less in value.

For more information visit

[www.radioshackcorporation.com/cr/contrib\\_program.shtml](http://www.radioshackcorporation.com/cr/contrib_program.shtml)

## **Tenet Foundation Grants**

The Tenet Foundation makes grants available in the following categories: health and wellness, health education, human services, education, civic and community, and arts and humanities. Visit

[www.tenethealth.com/tenethealth/tenetfoundation/grantsfunding](http://www.tenethealth.com/tenethealth/tenetfoundation/grantsfunding)

## **Environmental Justice Collaborative Problem-Solving Grant Program**

The grants program provides financial assistance to community-based nonprofit organizations that wish to participate in collaborative problem solving and capacity-building initiatives to seek solutions to their community's environmental and/or public health concerns. Applications are due September 30, 2003. Visit [www.epa.gov/compliance/recent/ej.html](http://www.epa.gov/compliance/recent/ej.html)

## **Office Depot: Caring & Making a Difference**

Office Depot supports nonprofit organizations at the local level with donations of products, contributions of funds and efforts to encourage employees and customers to become involved. Visit

[www.community.officedepot.com/local.asp](http://www.community.officedepot.com/local.asp)

## **Young Epidemiology Scholars (YES)**

YES consists of two national competitions, designed to inspire high school students and teachers to learn about epidemiology and public health issues. The *YES Teacher Competition* invites high school teachers to submit modes for innovative classroom curricula that incorporate epidemiological methods. The *YES Student Competition* for original student research is designed to identify and inspire talented and creative high school students. Deadline is October 15, 2003. Visit

[www.collegeboard.com/yes/ft/atc.html](http://www.collegeboard.com/yes/ft/atc.html)

## **March of Dimes**

The March of Dimes will provide funding for programs of research, community services, education and advocacy, to improve the health of babies by preventing birth defects and infant mortality. Application deadline is August 29, 2003. To request an application you may call 1-816-561-0175 or e-mail: [nhess@marchofdimes.com](mailto:nhess@marchofdimes.com)

## **Robert Wood Johnson Community Health Leadership**

The Robert Wood Johnson Community Health Leadership program honors community health leaders for their work addressing some of today's most complex health problems in communities across the United States. For complete nomination guidelines, go to [www.communityhealthleaders.org](http://www.communityhealthleaders.org). Deadline is September 22, 2003.

